



# STAY HOME, STAY ACTIVE

## BEGINNER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>6</b> Wall Pushup 10 Alt. Heel Taps 20 Heel Touches 20 Mod. Tricep Dips 10	<b>7</b> Chair Squat 10 Bridge 10 Wall Mt. Climbers 20 Jumping Jacks 20	<b>8</b> <b>REST</b>	<b>9</b> Wall Pushup 10 Alt. Heel Taps 20 Heel Touches 20 Mod. Tricep Dips 10	<b>10</b> Chair Squat 12 Bridge 12 Wall Mt. Climbers 20 Jumping Jacks 20	<b>11</b> <b>REST</b>
<b>12</b> Wall Pushup 10 Alt. Heel Taps 20 Heel Touches 20 Mod. Tricep Dips 12	<b>13</b> Chair Squat 12 Bridge 12 Wall Mt. Climbers 20 Jumping Jacks 20	<b>14</b> <b>REST</b>	<b>15</b> Wall Pushup 12 Alt. Heel Taps 20 Heel Touches 20 Mod. Tricep Dips 12	<b>16</b> Chair Squat 12 Bridge 12 Wall Mt. Climbers 20 Jumping Jacks 20	<b>17</b> <b>REST</b>	<b>18</b> Wall Pushup 12 Alt. Heel Taps 20 Heel Touches 20 Mod. Tricep Dips 12
<b>19</b> Chair Squat 15 Bridge 15 Wall Mt. Climbers 30 Jumping Jacks 25	<b>20</b> <b>REST</b>	<b>21</b> Wall Pushup 15 Alt. Heel Taps 20 Heel Touches 20 Mod. Tricep Dips 15	<b>22</b> Chair Squat 15 Bridge 15 Wall Mt. Climbers 30 Jumping Jacks 20	<b>23</b> <b>REST</b>	<b>24</b> Wall Pushup 15 Alt. Heel Taps 30 Heel Touches 30 Mod. Tricep Dips 15	<b>25</b> Chair Squat 15 Bridge 15 Wall Mt. Climbers 30 Jumping Jacks 25
<b>26</b> <b>REST</b>	<b>27</b> Wall Pushup 15 Alt. Heel Taps 30 Heel Touches 30 Mod. Tricep Dips 15	<b>28</b> Chair Squat 20 Bridge 20 Wall Mt. Climbers 30 Jumping Jacks 25	<b>29</b> <b>REST</b>	<b>30</b> Wall Pushup 20 Alt. Heel Taps 30 Heel Touches 30 Mod. Tricep Dips 20	<b>1</b> Chair Squat 20 Bridge 20 Wall Mt. Climbers 30 Jumping Jacks 30	<b>2</b> <b>REST</b>
<b>3</b> Wall Pushup 20 Alt. Heel Taps 30 Heel Touches 30 Mod. Tricep Dips 20	<b>4</b> Chair Squat 20 Bridge 20 Wall Mt. Climbers 30 Jumping Jacks 30	<b>5</b> <b>REST &amp; CELEBRATE!</b>				



# BEGINNER WORKOUTS



## Wall Push Ups

**Set up:** Stand about 1 foot away from the wall. Place your hands on the wall in front of your shoulders.

**Execution:** Inhale, bending the elbows. Bring your chest as close to the wall as possible. Exhale and extend the elbows pushing through your hands.



## Alternating Heel Taps

**Set up:** Lay on the floor, legs in tabletop (knees over hips, feet in line with knees), hands by your sides on the floor.

**Execution:** Inhale, lower right toes to the ground, exhale, return to start, repeat with the left. Keep abs engaged.



## Heel Touches

**Set up:** Lay on the floor with feet hip distance apart.

**Execution:** Curl up keeping the shoulder blades just off the ground. Bend sideways and reach for your right heel with your right hand, return to start, and reach for your left heel with your left hand.



## Modified Triceps Dips:

**Set up:** Sit on a bench with your hands next to your hips, fingertips facing forward, knees bent and feet flat on the ground.

**Execution:** Slide the hips off the bench, keep the elbows facing back. Inhale, lower the hips towards the ground, keeping shoulders relaxed down and back. Exhale and press through your hands extending the elbows to return to start.



## Chair Squat

**Set up:** Stand with a chair directly behind you with feet shoulder width apart.

**Execution:** Inhale, keeping the weight on the heels, sink your hips back and down until you are seated on the chair. Exhale and come to standing.



## Bridge

**Set up:** Lay down on your back with knees bent, feet flat on the ground and hip width apart. Arms by your sides.

**Execution:** Exhale, press through your heels, lift your hips until they are in line with your knees and shoulders. Keep your knees hip width apart and inline with your toes. Inhale and lower.



## Wall Mountain Climber

**Set up:** Stand about 1 away from the wall. Place your hands directly in front of the shoulders.

**Execution:** Lift one knee towards the chest, lower it to beginning position, do the same with the opposite side.



## Jumping Jacks

**Set up:** Start with both feet together, arms to the side.

**Execution:** Step out, or jump out into wider than shoulder stance simultaneously bringing the arms overhead. Return to start.



# STAY HOME, STAY ACTIVE

## INTERMEDIATE CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>6</b> Pushup 30 Crunch 30 Plank 30 sec Rotating Plank 10	<b>7</b> Squat 30 Alt. Lunge 30 Mt. Climbers 30 Jumping Jacks 20	<b>8</b> <b>REST</b>	<b>9</b> Pushup 30 Crunch 30 Plank 30 sec Rotating Plank 10	<b>10</b> Squat 30 Alt. Lunge 30 Mt. Climbers 30 Jumping Jacks 20	<b>11</b> <b>REST</b>
<b>12</b> Pushup 30 Crunch 40 Plank 40 sec Rotating Plank 20	<b>13</b> Squat 40 Alt. Lunge 30 Mt. Climbers 40 Jumping Jacks 30	<b>14</b> <b>REST</b>	<b>15</b> Pushup 35 Crunch 40 Plank 40 sec Rotating Plank 20	<b>16</b> Squat 40 Alt. Lunge 40 Mt. Climbers 40 Jumping Jacks 30	<b>17</b> <b>REST</b>	<b>18</b> Pushup 35 Crunch 40 Plank 45 sec Rotating Plank 20
<b>19</b> Squat 50 Alt. Lunge 40 Mt. Climbers 40 Jumping Jacks 30	<b>20</b> <b>REST</b>	<b>21</b> Pushup 40 Crunch 45 Plank 45 sec Rotating Plank 30	<b>22</b> Squat 50 Alt. Lunge 50 Mt. Climbers 50 Jumping Jacks 40	<b>23</b> <b>REST</b>	<b>24</b> Pushup 40 Crunch 45 Plank 50 sec Rotating Plank 30	<b>25</b> Squat 60 Alt. Lunge 50 Mt. Climbers 50 Jumping Jacks 40
<b>26</b> <b>REST</b>	<b>27</b> Pushup 45 Crunch 50 Plank 50 sec Rotating Plank 30	<b>28</b> Squat 60 Alt. Lunge 60 Mt. Climbers 50 Jumping Jacks 40	<b>29</b> <b>REST</b>	<b>30</b> Pushup 45 Crunch 30 Plank 1 min Rotating Plank 40	<b>1</b> Squat 70 Alt. Lunge 60 Mt. Climbers 60 Jumping Jacks 50	<b>2</b> <b>REST</b>
<b>3</b> Pushup 50 Crunch 50 Plank 1 min Rotating Plank 40	<b>4</b> Squat 80 Alt. Lunge 60 Mt. Climbers 60 Jumping Jacks 50	<b>5</b> <b>REST &amp; CELEBRATE</b>				

# INTERMEDIATE WORKOUTS



## Push Ups

**Set up:** Place hands under shoulders, hips in line with shoulders and heels.  
**Execution:** Inhale as you lower, keep elbows over the wrists and 45 degrees from the torso. Keep collar bones broad. Exhale press through the hands to push the body to the starting position.



## Crunch

**Set up:** Laying down on the floor, arms elevated over the shoulders.  
**Execution:** Exhale press hands down by hips, coming into a curl with shoulder blades off the ground. Inhale and lower down slowly.



## Plank

**Set up:** Elbows under shoulders, hands pressed down onto the mat.  
**Execution:** Press up. Shoulders, hips, knees, ankles in one long line. Engage the abs. Deep breathing as you hold.



## Rotating Plank

**Set up:** Start in a push up position.  
**Execution:** Rotate your body opening one arm to the sky. Keep hips lifted. Return to plank position and switch sides.



## Squat

**Set Up:** Stand tall with feet hip distance apart.  
**Execution:** Inhale and sink your hips back as if to sit down. Exhale press through the feet, extending the legs straight. Stand tall.



## Alternating Reverse Lunge

**Set up:** Start standing with feet hip width apart.  
**Execution:** Keeping feet parallel and hip width, inhale and step backward into a lunge position (both knees are bent at a 90 degree angle, and front knee is behind the toes). Exhale and push off with the forward foot to return to start. Alternate sides.



## Mountain Climber

**Set up:** Push up position  
**Execution:** Bring right knee into the chest and return to plank position. Alternate side fast or slow. Keep hips level.



## Jumping Jacks

**Set up:** Start with both feet together, arms to the side.  
**Execution:** Jump out into wider than shoulder stance simultaneously bringing the arms overhead. Return to start.



# STAY HOME, STAY ACTIVE

## ADVANCED CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>6</b> Pushup 55 Sit-Up 30 Side Plank 30 sec Plank Walk 10	<b>7</b> Squat 55 Alt. Lunge 30 Mt. Climbers 40 Burpee 10	<b>8</b> <b>REST</b>	<b>9</b> Pushup 60 Sit-Up 35 Side Plank 30 sec Plank Walk 10	<b>10</b> Squat 60 Alt. Lunge 40 Mt. Climbers 50 Burpee 10	<b>11</b> <b>REST</b>
<b>12</b> Pushup 65 Sit-Up 40 Side Plank 35 sec Plank Walk 12	<b>13</b> Squat 65 Alt. Lunge 40 Mt. Climbers 50 Burpee 12	<b>14</b> <b>REST</b>	<b>15</b> Pushup 70 Sit-Up 45 Side Plank 35 sec Plank Walk 12	<b>16</b> Squat 70 Alt. Lunge 50 Mt. Climbers 60 Burpee 12	<b>17</b> <b>REST</b>	<b>18</b> Pushup 75 Sit-Up 50 Side Plank 40 sec Plank Walk 15
<b>19</b> Squat 75 Alt. Lunge 50 Mt. Climbers 60 Burpee 15	<b>20</b> <b>REST</b>	<b>21</b> Pushup 80 Sit-Up 55 Side Plank 40 sec Plank Walk 15	<b>22</b> Squat 80 Alt. Lunge 60 Mt. Climbers 70 Burpee 16	<b>23</b> <b>REST</b>	<b>24</b> Pushup 85 Sit-Up 60 Side Plank 45 sec Plank Walk 20	<b>25</b> Squat 85 Alt. Lunge 60 Mt. Climbers 70 Burpee 20
<b>26</b> <b>REST</b>	<b>27</b> Pushup 90 Sit-Up 65 Side Plank 45 sec Plank Walk 20	<b>28</b> Squat 90 Alt. Lunge 70 Mt. Climbers 70 Burpee 20	<b>29</b> <b>REST</b>	<b>30</b> Pushup 95 Sit-Up 70 Side Plank 45 sec Plank Walk 20	<b>1</b> Squat 95 Alt. Lunge 70 Mt. Climbers 80 Burpee 20	<b>2</b> <b>REST</b>
<b>3</b> Pushup 100 Sit-Up 75 Side Plank 50 sec Plank Walk 25	<b>4</b> Squat 100 Alt. Lunge 80 Mt. Climbers 80 Burpee 25	<b>5</b> <b>REST &amp; CELEBRATE</b>				



# ADVANCED WORKOUTS



## Push Ups

**Set up:** Place hands under shoulders, hips in line with shoulders and heels.  
**Execution:** Inhale as you lower, keep elbows over the wrists and 45 degrees from the torso. Keep collar bones broad. Exhale press through the hands to push the body to the starting position.



## Sit Up

**Set up:** Lay down on your back with knees bent and hip distance apart, feet flat on the ground.  
**Execution:** Hands elevated over shoulders, exhale and sit all the way up. Keep feet on the floor. Inhale and lower with control.



## Side Plank

**Set up:** Start laying on your side with your elbow directly below the shoulder. Legs extended.  
**Execution:** Lift the hips and extend the top arm towards the sky. Keep your hips stacked on top of each other.



## Plank Walk

**Set up:** Start on a plank position on your elbows. Hips in line with heels and shoulders.  
**Execution:** Place your right hand where the right elbow was. Place your left hand where the left elbow was until you are in a full plank. Lower to start in the same way.



## Squat

**Set up:** Stand tall with feet hip distance apart.  
**Execution:** Inhale and sink your hips back as if to sit down. Exhale press through the feet, extending the legs straight. Stand tall.



## Alternating Lunge

**Set up:** Start with feet hip width apart.  
**Execution:** Keeping feet parallel and hip width, inhale and step forward into a lunge position (both knees are bent at a 90 degree angle, and front knee is behind the toes). Exhale and push off with the forward foot to return to start. Alternate sides.



## Mountain Climber

**Set up:** Push up position: hands on the floor directly under the shoulders, toes pressing into the floor with hips in line with hips and heels.  
**Execution:** Bring right knee into the chest and return to plank position. Alternate side fast or slow. Keep hips level.



## Burpee

**Set up:** Stand with feet hip width apart.  
**Execution:** Bring hands to the floor. Hop your legs behind you into a plank position. Hop or step feet forward by the hands, jump up from a squat. Repeat.